

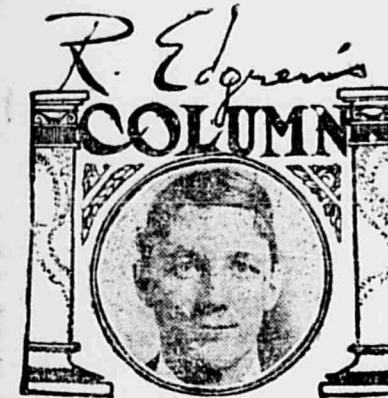
UP TO DATE  
AND NEWSY

# THE BEST SPORTING PAGE IN NEW YORK

EDITED BY  
ROBERT EDGREN

## PUT ATHLETES IN BOX STALLS FOR RECORD BREAKING

Feed Them Within Five Minutes of  
Same Time Each Day and Take  
In the Theatre Occasionally,  
Says Trainer Eck.



**T**OM ECK, the old-time trainer of athletes, skaters and bicyclists, has some interesting things to say about training. "When I began training horses," says Mr. Eck, "my father told me always to let my horses have green grass every day, and I'd never have a horse go wrong. I made it a rule, and I never did have a horse get out of shape under my handling. When I began training men I thought the same idea ought to work. In the old days they used the old English idea of training. Athletes ate no vegetables, much rare meat and any amount of dry, stale bread. It was stale bread three times a day, and ale to drink instead of water. Scores of athletes died of fever simply on account of that diet.

"I switched from that idea, gave my men plenty of fresh vegetables,

whatever meat they wanted and some more vegetables. The result was that none of the men I handled went stale or became fever-dried. I let them have ice cream and good clear water. Good water never hurts any athlete."

"Look at the way a trotting horse can repeat, running ten or twelve heats in a day, and all within three seconds or so of the same time. I've seen horses go out and do 200-14 in three straight heats, one after another. What man can run heat after heat in the same time? It's a matter of condition. A man has twice the endurance of a horse. Man is the strongest animal in the world. In six days a man can run a mile to repeat."

"If you could take your athletes and shut them up in box stalls, feed them within five minutes of the same time every day, give them nine hours a night of uninterrupted sleep, work them under the supervision of men as sound as the men who train horses, and then send them out to compete, you'd have the greatest record breakers in the world, and they'd be able to go out and repeat as often as you wanted them to."

"The only thing in which a man differs from a horse is that his brain is more active. He needs mental exercise, too, or he'll feel himself stale. When I saw Jimmie Michel, the most notorious little boy rider in the country, I told him all the time, 'I saw that he was trained right, and then I carefully picked out his amusements. Once I took Jimmie to see the 'Pierrots,' saw six times in the row. I liked him, and the king of amusement was better than looking around Manhattan Beach.' A man with nothing to do but loaf and look for amusement will drink half a dozen bottles of ale a day, not because he wants it, but because he doesn't want anything else to beat up his thoughts."

Rudolph Unholz, the Bumfuzzler Bear, trounced Battling Nelson in a ten-round go. That is to say, Unholz outboxed Nelson. Accounts from Los Angeles fail to note that Nelson was much distressed at the end of the fight.

It doesn't take much of a boxer to outbox Nelson. Almost anybody can do that. Nelson never knew anything about boxing. Presenting Pat Nelson with a clean K. O. is the trick that they have all tried and failed to accomplish. And until Nelson is knocked out there is little reason for saying he has gone away to the place where there is standing room only.

Nelson will never make a reputation in short fights. He's an easy mark for the boxers. Pat's specialty is long drawn-out work, where he can push and shove and hold on to the other fellow's hair and his whiskers punch and keep watching forward and snarling away incessantly with both hands, and be gradually disengaged until the other fellow is a tired, beaten-up mess if he can't get back, so that the Government could take the matter up and introduce Sweden as a candidate for the athletic honors of the world.

While he is not in perfect condition, Mr. Soderstrom will in all likelihood take part in the big games of the world. The only one left is the All-American Athletic Club Saturday night, and if he is too late to get in the center he will give exhibitions at pole vaulting.

He holds a record of 14 feet, Martin Shuman, who took him in charge last night, says that the Swede is a wonderful specimen of physical manhood.

Looks in Condition Now.

Soderstrom weighs 170 lbs., or something that sounds like that, striped, measuring 160 pounds in United States. He is about 5 feet 7 inches tall, and

he has the endurance of a Government mule.

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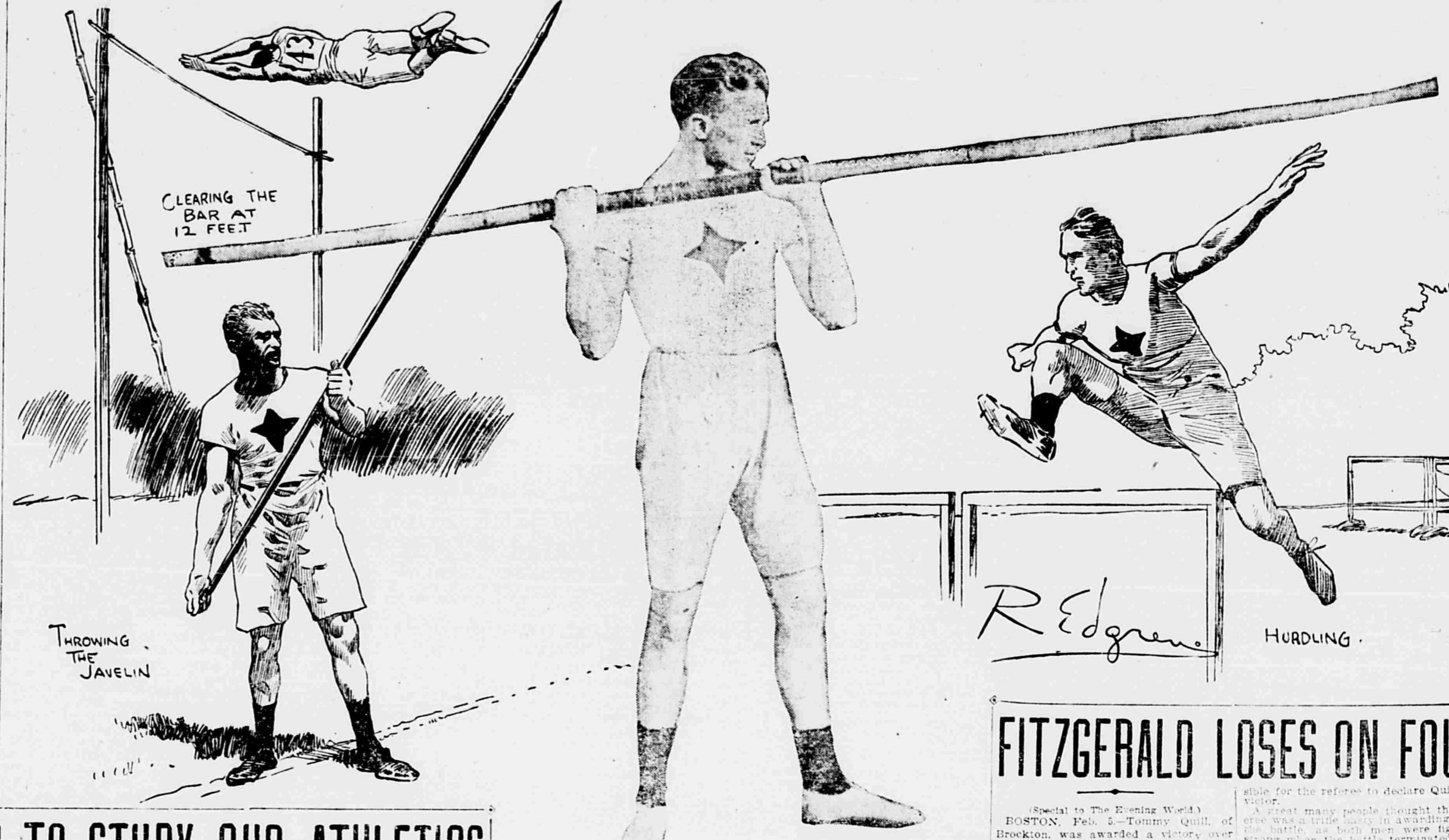
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Herald Square Not to Run Stags.

It was learned from a reliable source last

## SWEDEN'S CHAMPION WHO HAS COME TO STUDY AMERICAN ATHLETICS



Bruno Soderstrom of Sweden starting his run for a pole vault.

## SENT BY KING TO STUDY OUR ATHLETICS

Bruno Soderstrom, of Sweden, Will Report to Crown Heads on American Sports.

BY BOZEMAN BULGER.

WEDEN has only about 500,000 people, but King Gustav V. has sent a representative athlete over here to grab off the best we have in the way of ideas, and take it back to Sweden. The man who has undertaken the job of transporting our schemes on amateur athletics to Sweden is Mr. Bruno Soderstrom, of Stockholm, and he is in New York right now to begin his studies. Mr. Soderstrom is not going to pick things off in a hurry, but he is here to stay six months and get the whole thing planted securely in his brain before he starts to lay up the ship for a return cargo of ideas.

Incidentally, Mr. Soderstrom is one of the best athletes in the world, having finished second in the pole vaulting contest in the Olympic games in Athens, and made a fine showing in throwing the javelin, running and other sports of equal importance.

**Sweden Would Excel.**

When the Swedish team returned from Athens, the members were given a great ovation upon their arrival in Stockholm, and King Gustav V. immediately saw the importance of encouraging athletics and physical culture among his people, and found that America furnished the greatest field for study, and Soderstrom was commissioned to come here and make an exhaustive study of our system and recommendations until the other fellow is so bad that he can't raise his hand.

"Athletics became a real pastime in Sweden for the first time in 1890," says the Swedish Commissioner. "That year

we had a National championship and some great games. The people were very much interested and the Government encouraged us. We have had a meeting every year since then, and the popularity of sport has grown wonderfully."

"Yaaas," said Mr. Soderstrom, "I have batter at der staff-sprung da annoyding goet dat?"

If you don't catch it full in the face he means that his long suit, or Prince Albert, is the pole-vault. "Staff" in Swedish means pole and "sprung" means leap, jump, throw yourself over or go to it, Kid."

Mr. Soderstrom explained that he was very pleased at the reception he received in the Olympic pole-vault, but he was severely disappointed because the Frenchman, Gander, who beat him, was having all his life as a matter of business, and wouldn't help winning the title.

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